Accessing Your COVA Care Health Assessment
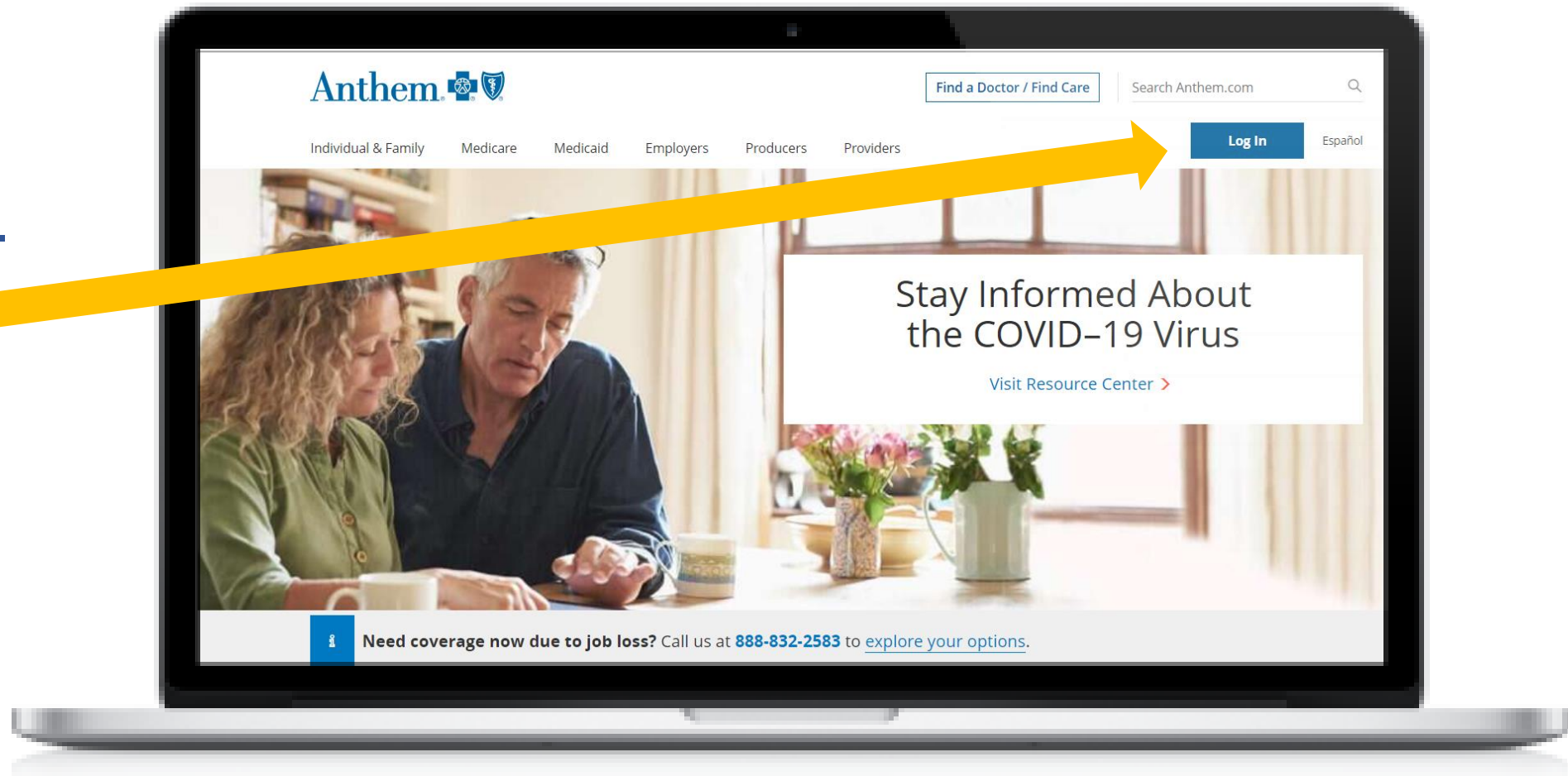
Accessing via the anthem.com member portal

Logging into an existing account/Registering a new account

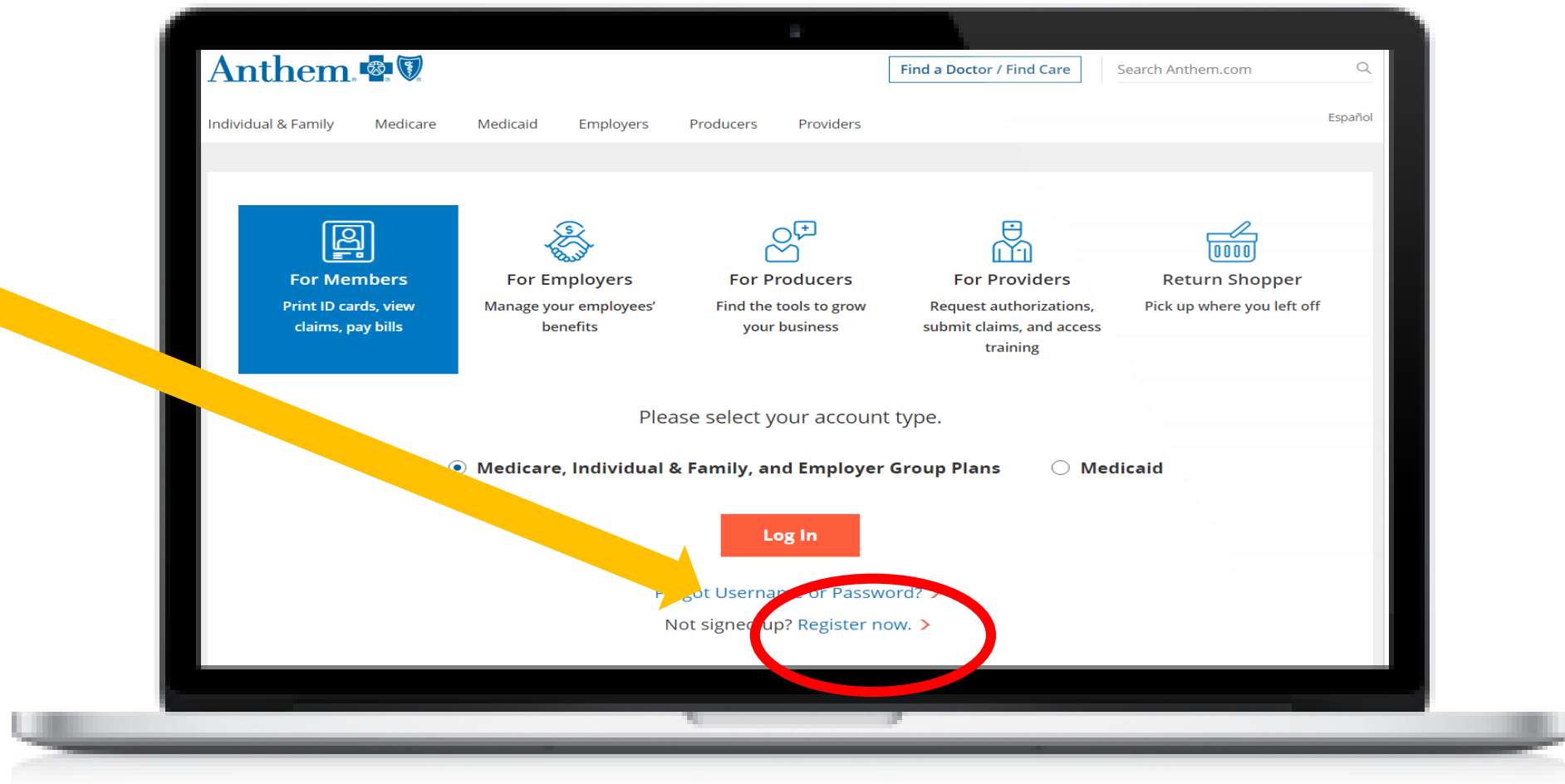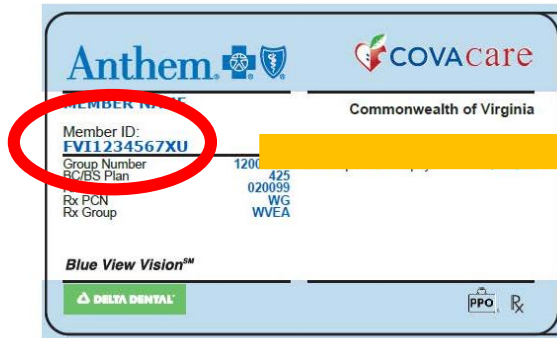To log in or register for a new account, go to **www.anthem.com.**

Click on ***Log In.***

Registering a new account

To register a new
account, click
Register now.

Registering a new account

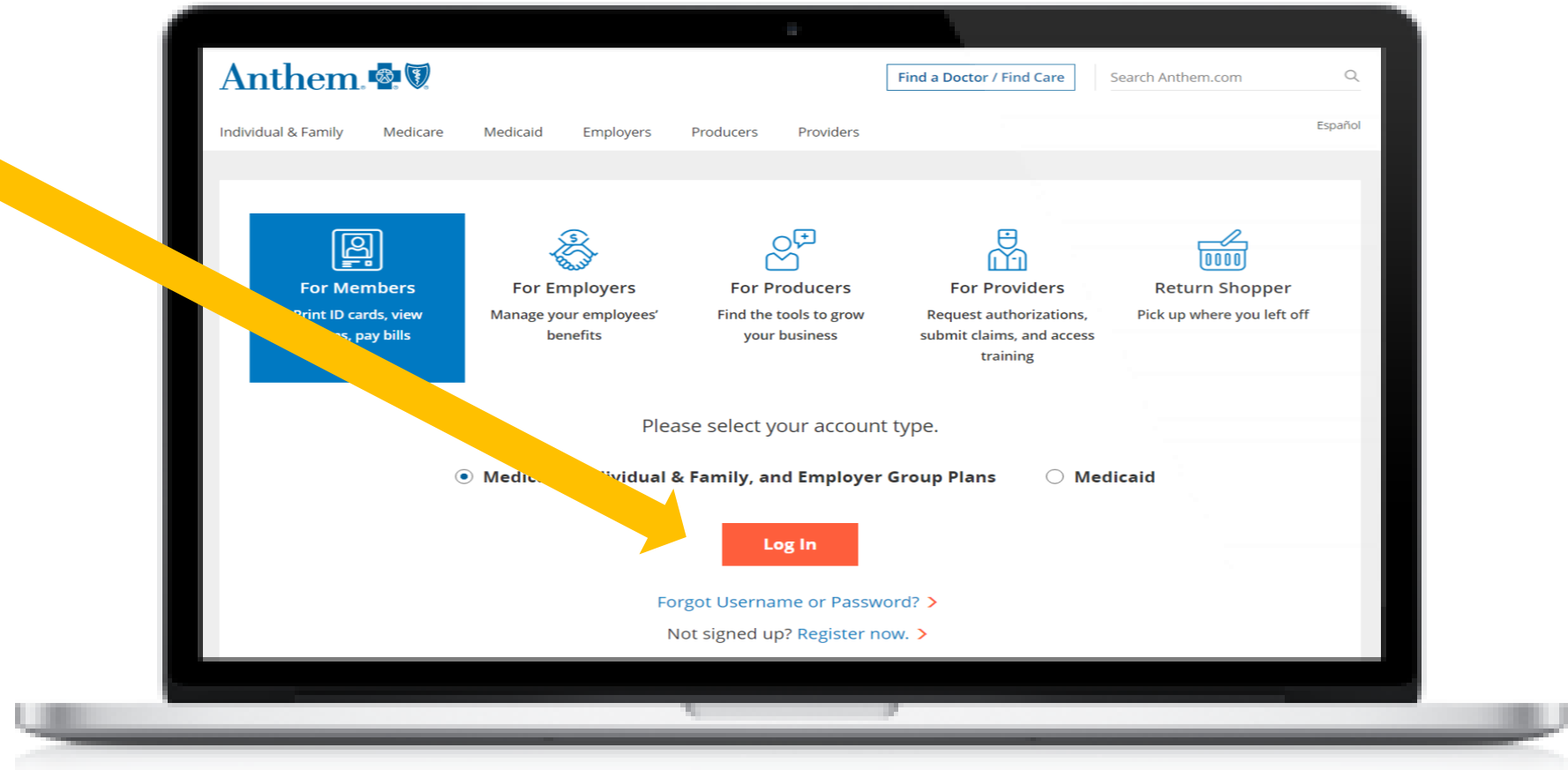Register for a new account using your **Member ID number** found on your COVA Care ID card.

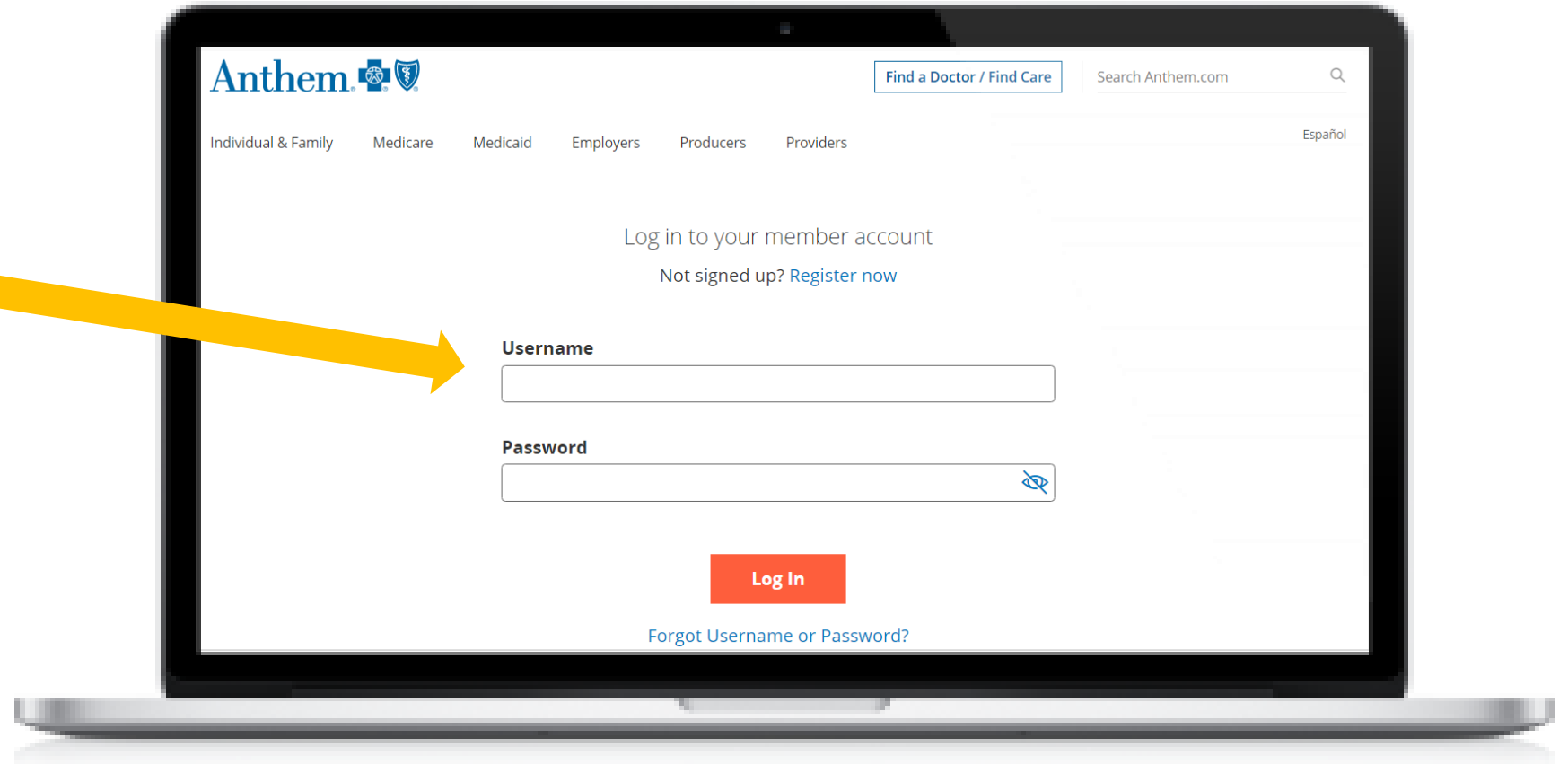Complete the step-by-step prompts to complete your registration.

Logging into an existing account

Click on *Log In*
under For Members.

Logging into an existing account

Log in using your anthem.com **Username** and **Password**.
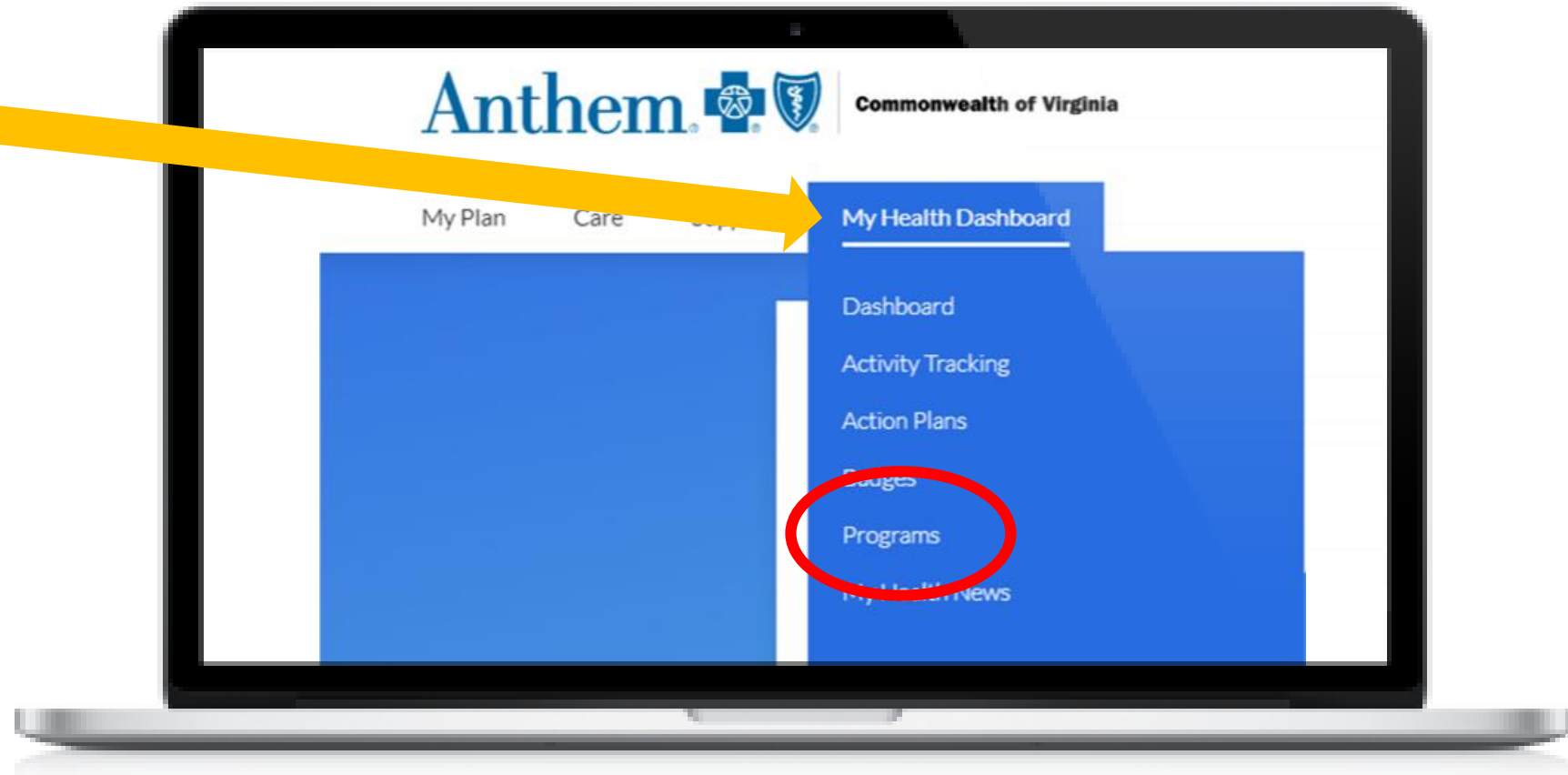
Accessing your health assessment

Select ***My Health Dashboard*** from the top navigation menu.

Select ***Programs.***

Accessing your health assessment

If you are using the Safari browser to access the Health Assessment, you may receive this error message if you have certain privacy settings enabled.

Follow the instructions in the message to update your settings and try again.

Anthem

Care   My Health Dashboard   Support   Español   Profile   Log Out

If you're using Safari to view the Health Risk Assessment Tool and are having issues, please check your Safari's privacy settings and ensure the "Prevent cross-site tracking" is not selected. For a full list of browsers that work best with our site, visit the Technical Issues section in our FAQs.

En Español

NINA's Action Plan

Accessing your health assessment

Under Programs, locate the **WebMD Health Risk Assessment** card and select *Learn more.*
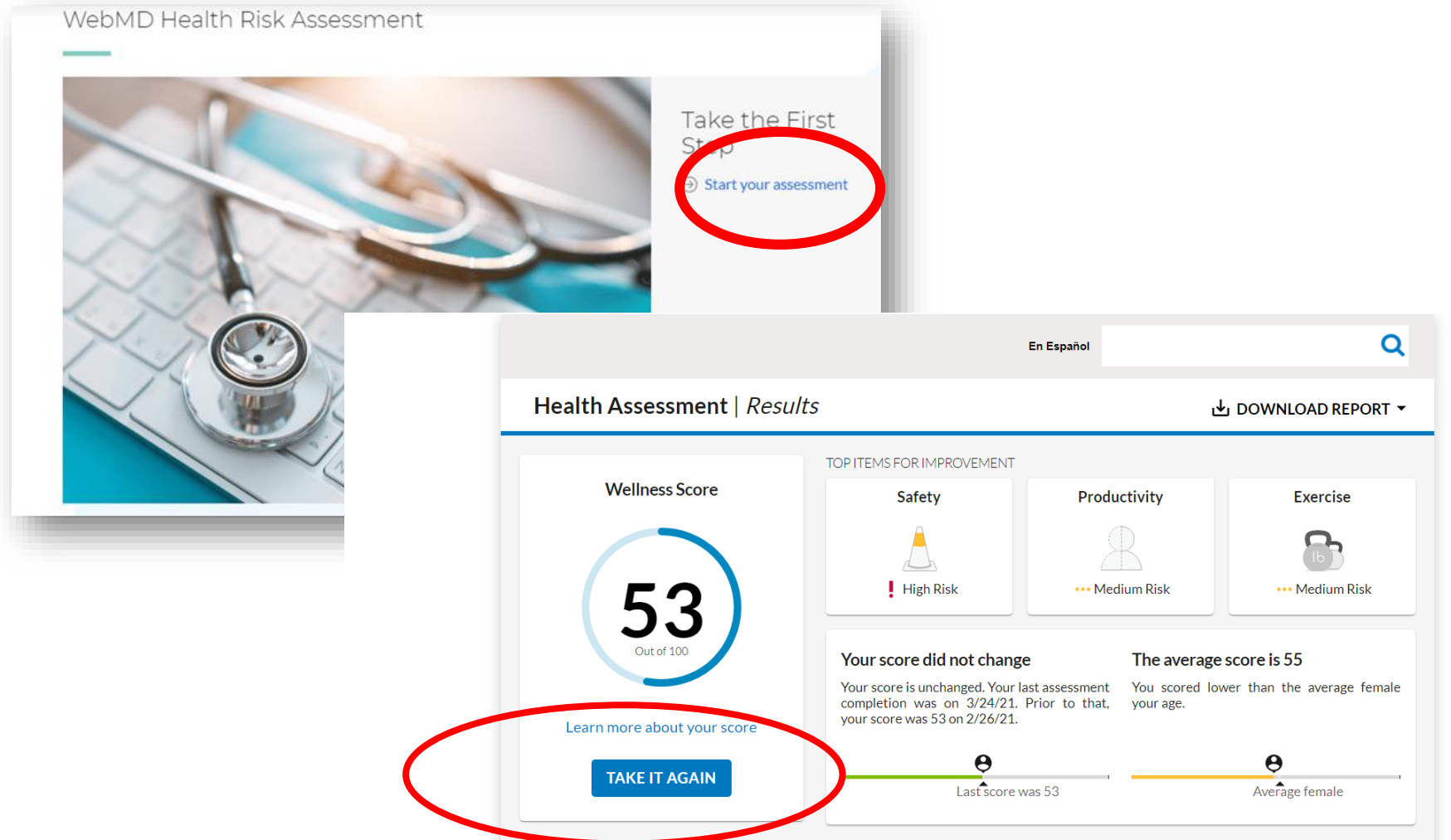
Click *Start your assessment* and complete your assessment.
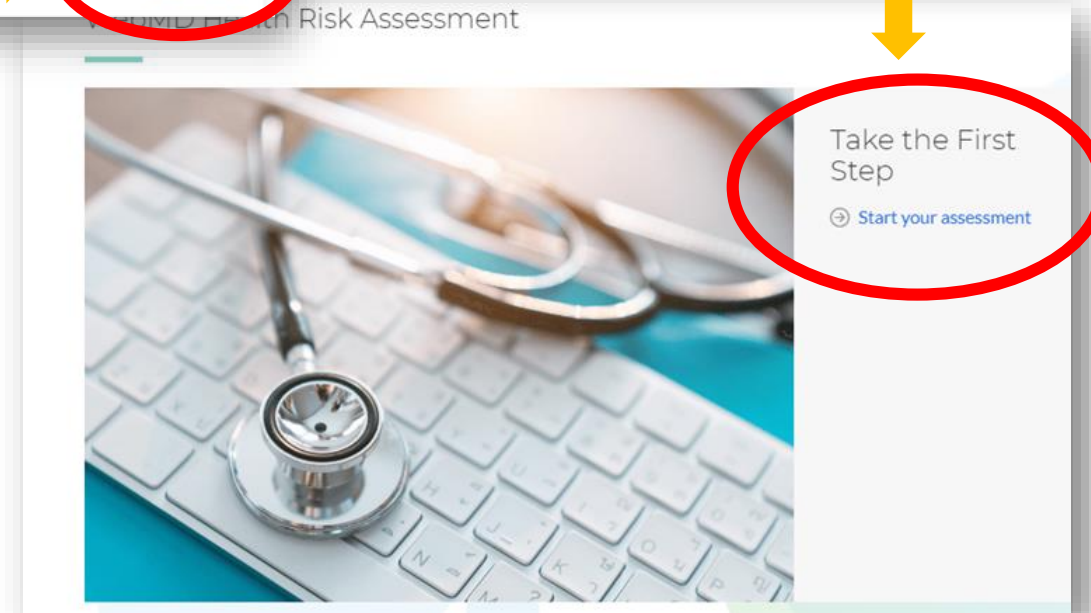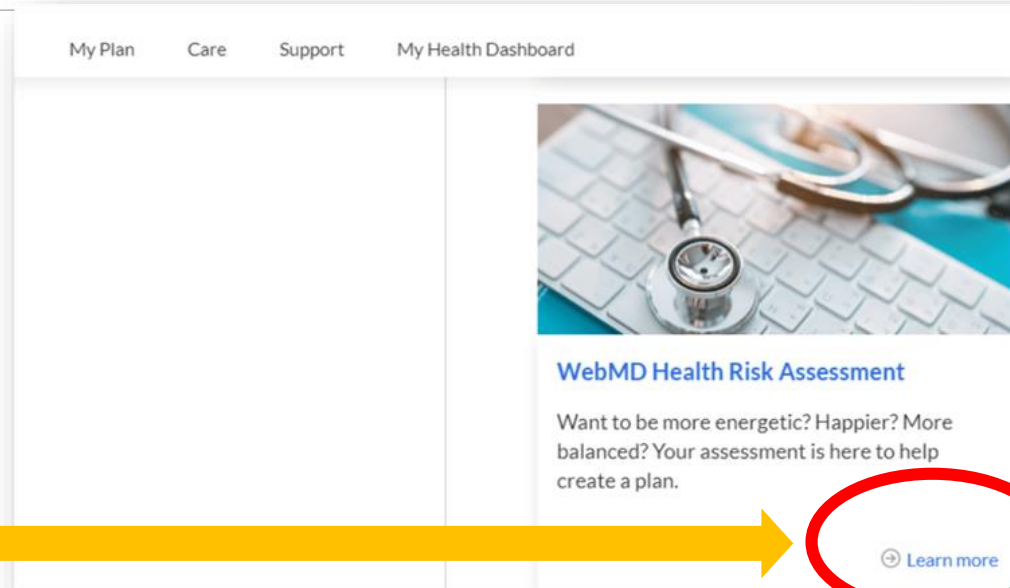
Returning Users

If you have previously completed the WebMD Health assessment, after clicking "***Start your Assessment***", you will see your health assessment summary page and your previous score. Then you will click "***Take it Again***" to begin.

Saving Your Progress

Whether you are taking the WebMD health assessment for the first time or are a returning user, be sure to click **"save & continue"** as you complete each section of the assessment.

Finalizing Your Assessment

When you reach the end of the health assessment questions you will click "**Save & Finalize.**"

You're almost finished!

Physical exam or wellness visit

Less than a year ago ▼

Stool blood test

Never ▼

Have you had a flu shot in the last 12 months?

● Yes

○ No

○ Don't Know

It was around

10 / 1 / 2020

SAVE & FINALIZE   SAVE & CONTINUE

Readiness to Change & WebMD Health Assessment Feedback

After you've completed the WebMD health assessment questions, there are a few questions to assess your "readiness to change." Answering these questions will help identify which resources may be most appropriate with helping you to reach your wellness goals.

Click "**Save & Continue**" as you complete these questions

How confident are you that you can make healthy changes?

○ Extremely confident

◉ Very confident

○ Confident

○ Somewhat confident

○ Not at all confident

Your health plan may offer programs to help manage health risks identified in this assessment. If you qualify, would you like to be contacted about these programs?

◉ Yes

○ No

SAVE & CONTINUE

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Readiness to Change & WebMD Health Assessment Feedback

The final questions will gather value feedback regarding your experience with the WebMD health assessment. After answering these two questions you will click **"Finish"**

Healthy Changes > Feedback > **Results**

Would you recommend this questionnaire to someone else, like a co-worker?

◉ Yes

◯ No

Approximately how long did it take you to fill out this questionnaire?

10   minutes

FINISH

Save Your Completion Confirmation Page

Now that you have completed your WebMD Health Assessment click "**Print Your Confirmation**" to save your completion confirmation page for your records.

Helpful Tip: If you are not able to print your confirmation, take a screenshot and save it to your computer.